

Virtual Yoga Class with Hope and Healing

Tuesdays at 6pm

April 6 - The Yoga of your Spine

April 13 - Keeping your Breath in Line

April 20 - Energy in Motion

April 27 - Affirming your Asana

May 4 - Meditation the Ultimate Posture

<https://zoom.us/j/98781305206?pwd=SWVtNWcwRWE4TW1CR3JxdFhYY3U0QT09>

+19292056099 Meeting ID: 987 8130 5206 Passcode: 666923

Now more than ever, the importance of self-care and wellness need to be part of our daily routines. Yoga improves strength and flexibility, helps you relax and improve sleep and is a great way to help you manage stress in your life. If you have never practiced yoga, learn from the foundation up and build your practice. Join us, connect with people and try something new!

rwjbh.org/hopeandhealing

Institute for
Prevention
and Recovery


This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by RWJBarnabas Health Institute for Prevention and Recovery in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services and is funded through a FEMA/SAMHSA grant.

